



XMAS CLASSES HAMPTON 2021/2022



MONDAY 20th December Staffed 8am-4 pm

7am Fit55 Andrew
8.30 Body Pump Maria
8.30am Mat Pilates Caro
8.30am Reformer Bertrand
8.45am Spin Andrew
9.30am Reformer Caz
9.30am Total Workout Merryl
10.30am Yoga Ellen
10.30am Seniors Circuit Anna
5.30pm Spin Andrew
5.30 Reformer Joel
6.30 Reformer Joel
6.30pm BoxFit Andrew

TUESDAY 21st DECEMBER staffed 8am- 4 pm

6.15am Body Pump Sharon
8.00am Abs Plus Jo
8.30am Zumba Yenny
8.45am Spin Jo
9.30am Yoga Felicity
9.30am Reformer Alice
9.30am Body Pump Mel
10.30am Senior Circuit Caroline
5.30pm Fit 45 Casey
6pm Spin Fleur
6.30 Reformer Caro

WEDNESDAY 22nd DECEMBER – staffed 8am-4 pm

6.15am Spin FT Andrew
7am Prime Movers Andrew
8.30 TRX Andrew
8.45am spin Bridget
9.30am LIA Bridget
9.30am Yoga Ellen [60 mins]
10.30am Reformer Bridget
5.00 pm Sweat 45 Casey
5.30pm Body Pump Patricia
5.30pm Reformer Maree

THURSDAY 23rd DECEMBER staffed 8am -12 noon

6.15am Spin Andrew
8.30am Zumba Lisa



9am Spin Peta
9.30am Body Pump Caroline
9.30am Yoga Felicity
9.30am Reformer Alice
10.30am Reformer Alice
10.30am Senior Circuit Peta

FRIDAY 24TH DECEMBER Xmas Eve staffed 8am-12 noon

8.30am Zumba Tone Nat
8.30am Pump Jan
8.30am Reformer Bridget
8.45am Fit45 Casey
9.30am spin Jan
9.30am Barre Merryl
9.30am Aeromix Andrew M
10.30am Senior Circuit Anna

SATURDAY 25TH DECEMBER Xmas Day unstaffed and no classes

SUNDAY 26TH DECEMBER Boxing Day staffed 8am-12 noon

9am Pump Michael
9.30am Yoga Juan
9.30am Spin Merryl
10.30am Zumba Yassna

MONDAY 27th DECEMBER staffed 8am-12 noon

8.30 Body Pump Maria
8.30am Reformer Bertrand
8.45am Spin Merryl
9.30am Mat Pilates Bertrand
9.30am Reformer Viv
9.30am Total Workout Merryl
10.30am Yoga Felicity
10.30am Seniors Circuit Anna

TUESDAY 28th DECEMBER staffed 8am-12 noon

8.30am Zumba Yenny
8.30am Reformer Alice
8.45am Spin Casey
9.30am Yoga Felicity
9.30am Reformer Alice
9.30am Body Pump Mel
10.30am Senior Circuit Anna

WEDNESDAY 29th JANUARY staffed 8am- 12 noon

8.45am spin Bridget
8.30am Barre Merryl
9.30am LIA Bridget
9.30am Yoga Felicity [60 mins]
10.30am Reformer Bridget

THURSDAY 30th December staffed 8am- 12 noon

8.30am Zumba Maryanne
9am Spin Peta
9.30am Body Pump Caroline
9.30am Yoga Felicity
9.30am Reformer Alice
10.30am Reformer Alice
10.30am Senior Circuit Peta

FRIDAY 31st JANUARY New Year's Eve staffed 8-12 noon

8.30am Zumba Tone Nat
8.30am Pump Jan
8.30am Reformer Bridget
8.45am Fit45 Casey
9.30am spin Jan
9.30 Barre Merryl
9.30am Aeromix Andrew M
10.30am Senior Circuit Anna

SATURDAY 1st JANUARY Unstaffed and no classes

SUNDAY 2nd JANUARY staffed 8am-12 noon

9am Pump Michael
8.30am Yoga Juan
9.30am Reformer Alice
9.30am Spin Merryl
10.30am Zumba Yassna

MONDAY 3rd JANUARY staffed 8am-4 pm

8.30am Body Pump Maria

8.30am Mat Pilates Caro
8.30am Reformer Bridget
8.45am Spin Merryl
9.30am Reformer Bridget
9.30am Total Workout Merryl
10.30am Yoga Ellen
10.30am Seniors Circuit Anna

TUESDAY 4TH JANUARY staffed 8am-4 pm

6.15am Body Pump Sharon
8.30am Zumba Maryanne
8.30am Reformer Joel
8.45am Spin Casey
9.30am Yoga Felicity
9.30am Reformer Alice
9.30am Body Pump
10.30am Senior Circuit Caroline
5.30pm Fit 45 Casey
6pm Spin Fleur

WEDNESDAY 5TH JANUARY staffed 8am-4 pm

8.30 Barre Merryl
8.45am spin Bridget
9.30am LIA Bridget
9.30am Yoga Ellen [60 mins]
10.30am Reformer Bridget
5.00 pm Fit 45 Casey
5.30pm Body Pump Patricia

THURSDAY 6TH JANUARY 8am-12 noon staffed

8.30am Zumba Maryanne
9am Spin Peta
9.30am Body Pump Caroline
9.30am Yoga Felicity
9.30am Reformer Alice
10.30am Reformer Alice
10.30am Senior Circuit Peta

FRIDAY 7TH JANUARY 8am-12 noon staffed

8.30am Zumba Tone Nat
8.30am Pump Jan
8.30am Reformer Bridget
8.45am Fit45 Casey
9.30am spin Jan

9.30 Barre Meryll
9.30am Aeromix Andrew M
9.30am Reformer Bridget
10.30am Senior Circuit Anna

SATURDAY 8TH JANUARY 8am-12noon staffed

8am Step Moves Andrew M
8.30am Spin Peta
8.30am BoxFit Andrew TrainRec
9am Pump Michael
9.30am Yoga Heidi
9.30am Reformer Jennifer
10.30am Zumba Ing
10.30am Reformer Jennifer

SUNDAY 9TH JANUARY 8am-12noon staffed

9am Pump Michael
8.30am Yoga Juan
9.30am Reformer Alice
10.30am Reformer Alice
9.30am Spin Andrew
10.30am Zumba Yassna
10.30am Fit55 Andrew - TrainRec

MONDAY 10TH JANUARY – RETURN TO NORMAL HOURS AND CLASSES

WEDNESDAY 26TH JANUARY AUSTRALIA DAY 8am-12 noon

8.45am Spin Casey
9am Reformer Tina
9.30am Pump ?
9.30am Yoga Ellen
10.30am Zumba Natalie.